



**This easy read leaflet tells you  
about**



**what to do after being treated for an  
infection**



This leaflet tells you what to do when you have an infection.



The hospital staff have talked about your illness and we think you are well enough to go home to finish getting better.



We think you will carry on getting better at home without any further problems.



**Important**

There is a small risk that the infection could become much worse and becomes something called 'sepsis'.



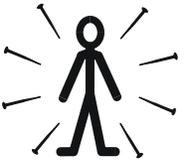
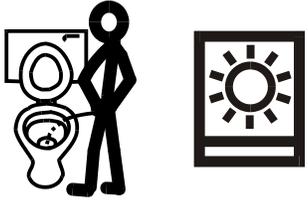
When sepsis starts it can make you feel like you have the 'flu'.



**If you become more and more unwell over the next few days or have any of the symptoms on the next page ...**

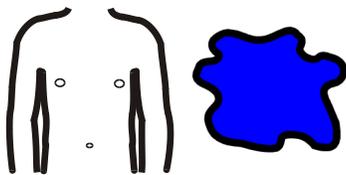


You **MUST** call **999** and tell them **"I could have sepsis"**.

	<b>What to look out for</b>
	Confusion, not knowing where you are, getting things muddled up or not knowing who people you know are .
	Extreme shivering or severe muscle pain.
	<b>Not</b> had a wee (passed urine) in the last 18 hours or for a whole day.



Feeling you are very ill and thinking ‘I know something is very wrong with me’.



Skin that is mottled, bluish or very pale.



Dizziness that makes you faint or fall down.



Heart beat that is very fast.



X

Things you do not have to worry about unless it carries on for a long time



Mild headache.

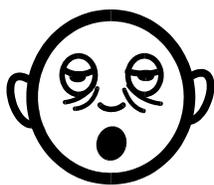


Feeling sick (without vomiting).



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Not feeling hungry or not wanting to eat.



Tiredness, feeling sleepy.



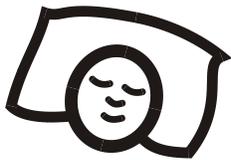
Mild diarrhoea.



If you carry on feeling any of these symptoms after a few days, or if you are worried. contact your GP or NHS 111 service.



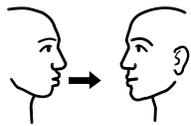
## Things to do that will help you get better



Get plenty of rest and sleep.



Drink plenty of fluid, such as water, juice, tea  
(unless you have been told not to).



Do the things you have been told to do by your healthcare team about your infection.



If you have been sent home from hospital with antibiotics, collect them before you leave. Try to take the first dose within 4 hours. Take them at the times it says on the label until you have taken all of them. Carry on taking them even if you feel better.



Contact your GP or NHS 111 if you feel the antibiotics are making you ill (side effects).



**What you should do to help stop the spread of infections**



You and your family should wash your hands well before eating and after every time you go to the toilet



Think about having vaccinations for you and your family when they are offered because they can help stop infection.



### **Further information:**

Further information can be found at:

[NHS Choices  
www.sepsistrust.org](http://www.sepsistrust.org)

**This leaflet was developed with kind permission from a similar leaflet from Nottingham University Hospitals NHS Trust.**

**Produced in conjunction with Konrad Bakalarczyk, Partnership Board Access Officer, Nottinghamshire Learning Disability and Autism Partnership Board**

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office

Leaflet code: PIL202603-05-WTDTI

Created: September 2018 / Revised: March 2026 / Review Date: March 2028